

VALUES

Values are motivators and a critical component of the career assessment process. When values are met, they contribute significantly to a sense of fulfillment. When they are not met, a sense of frustration and lack of purpose often result. It is therefore important to first identify and then prioritize your values.

The following exercise will help you explore your most significant work values. Circle the number that best corresponds with the level of importance you place on each value below. Then, go back through the list and identify the top five values that are essential to your satisfaction in the workplace. Consider whether your current position satisfies any/all of your top values. Bring this completed worksheet with you to your next session with your counselor.

VALUE	IMPORTANCE (Low --> High)
Achievement	1 2 3 4
Advancement	1 2 3 4
Adventure/Excitement	1 2 3 4
Aesthetics – attractive environment	1 2 3 4
Affiliation – organizational identity	1 2 3 4
Balance	1 2 3 4
Change/Variety	1 2 3 4
Community	1 2 3 4
Competence	1 2 3 4
Competition	1 2 3 4
Control over schedule	1 2 3 4
Creative expression	1 2 3 4
Ethics	1 2 3 4
Fame	1 2 3 4
Family	1 2 3 4
Financial Security	1 2 3 4
Fun/Enjoyment	1 2 3 4

Helping Society/Service	1	2	3	4
High Earnings	1	2	3	4
Independence/Autonomy	1	2	3	4
Influence	1	2	3	4
Intellectual Challenge	1	2	3	4
Interests	1	2	3	4
Job Security	1	2	3	4
Justice/Fairness	1	2	3	4
Knowledge	1	2	3	4
Leadership	1	2	3	4
Leisure-time	1	2	3	4
Order	1	2	3	4
Power/Authority	1	2	3	4
Prestige/Recognition	1	2	3	4
Public Contact	1	2	3	4
Religion/Spirituality	1	2	3	4
Sociability	1	2	3	4
Stability	1	2	3	4
Status	1	2	3	4
Supporting Leadership	1	2	3	4
Teamwork	1	2	3	4
Time Freedom	1	2	3	4
Tranquility	1	2	3	4
Other:	1	2	3	4
Other:	1	2	3	4